

# AVS

Auditory / Visual Stimulation

Vol. 4, #1  
Spring '04

**Includes:**  
An Interview with Ken Chane  
"Encounters with the Fantastic" by Zoe Seven  
"Eye Robics" by Jeff Labno  
New Products Review  
& More!

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# ***AVS Journal      Vol. 4, No. 1   Spring '04***

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Cover design: created entirely by Christopher Oliver. Mr. Oliver is known in the AVS community for his talent in designing avs sessions (including sessions in the Muse#, Nova Pro, Halcyon and 515) and musical compositions (Space Journey, L/S Voyager and Synthesizers From Outer Space). Christopher's latest work "AV3X: Digital Meditation" on DVD is the first DVD to utilize light and sound. You can contact Christopher at: [www.AV3X.com](http://www.AV3X.com).

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# **“Just A Light”**

**By James Clayton Roberts**

Over the years, I have investigated and tried many, many methods for human improvement. On September 28, 2003, I began a new series of experiments. The results of those experiments have boggled my mind.

I have always thought that electromagnetic energy in some form would allow humankind to make a drastic leap in mental and emotional development. I finally found what I was looking for, and it caught me off guard. When I read of the use of infrared light to heal wounds, it caught my attention. As I understand the history of it, about 30 years ago lasers began to be used in surgery to cut and ablate tissue. It was noticed that wounds so produced healed much faster than those made with a knife. Eventually, someone had the idea to try IR at power levels lower than those needed to cut. The irradiation of diseased tissue with infrared produced healthy tissue, in short order, where the known and accepted tools of medicine had failed. This has included the treatment of pain.

Research in this field spread across the globe, and has spawned many terms: Low Level Laser Therapy, Monochromatic Infra Red Energy therapy, etc. Infrared has been used to treat, successfully, all sorts of tissue, from the pancreases of diabetics to the severed spinal cords of lab animals. One study demonstrated that IR exposure of the retinas protected them from methanol poisoning. In broad strokes, the effects that have been verified are: increased circulation caused by nitric oxide release and subsequent vasodilation, greater mitochondrial metabolism (the mitochondria is a cell part that turns food into energy), rapid cell growth and more new cell division, an increase in RNA and DNA production, angiogenesis (the formation of new capillaries), the upregulation of four genes involved in tissue regeneration, and more, all positive. NASA is developing this for quick healing of astronauts in outer space, and for the growth of plants on long space missions.

In a short time I came to the conclusion that it wouldn't be a bad idea to try this on the brain. At first, I tried an array of 940 nanometer wavelength LEDs. As my research has focused on bettering humans through modulating activity in the cerebellum, I applied the IR light there for two minutes per day. The cerebellum midline, called the vermis, is the brain part most involved in the giving and receiving of affection, and direct electrical stimulation of the vermis has relieved various serious neurological and psychological pathologies involving irrational violence, fear and depression. After a time, I stopped because this seemed to reset my circadian rhythms, which was inconvenient, as I have reason to be awake all night. For awhile, I looked for another answer. I had acquired a high-power infrared LED, a very unusual one. It looks like a TO-66 transistor, the active surface is 7/16 inch in diameter, and it has an output power of 170 milliwatts/Steradians. This LED has a wavelength of 880 nanometers. With nothing else spectacular going on at the time, I finally attached it to a power supply, and fitted it to an aluminum headband.



I duplicated the protocol I had used with the 940 nm array, two minutes per day over the cerebellum midline. Around a month later, I began to change. A transformative experience, one might call it. I began to do things that I had never done before, positive things. I became more organized. I seemed to have a great deal more will and motivation. For quite some time, I did not ascribe this to the infrared sessions. I thought perhaps it was the result of some supplement or something else I had been doing. As I continued, I noticed that I also began to have a feeling of profound well-being. Cognitive abilities increased. Memory recall, problem solving, creative thinking, eye-hand coordination, physical stamina, powers of visualization, sensory resolution and sensitivity, everything improved dramatically. I enjoy reading, music and movies so much more than I did.

When I finally did discern that it was the infrared causing these effects, it occurred to me that it would be useful to apply IR over the front of the brain also, and I began to use the LED between the eyebrows. Since then, I have spent much of my time in a state of balanced euphoria. The effects are so strongly positive, I have decided to make it my life's work to disseminate this information, and to provide these devices to those who can't, or don't want to, build their own. It is not important to me that anyone have me build a device for them, as I am sure I can sell as many as I can make by word of mouth. I strongly urge anybody and everybody to do this. Many have obtained the same setup I am using. Some have manifested the effects more quickly than I, the rest are catching up to that two-month period as I write this. Several have reported positive effects that I cannot mention here due to FDA regulations.

My mind is so clear and functions so well, I truly can not recall experiencing life in this manner at any point in the past. My vision, hearing, senses of smell and taste function as well as those of a healthy child. My father, who has begun the brain sessions, has retired his reading glasses.

I am rediscovering everything in life with an indescribable joy, a lust for life I have never had. The device has positive effects when used over other parts of the body. In particular, application over the external sex organs in male and female subjects, including myself, produces enhanced sexual sensitivity and endurance. The brain sessions expand the enjoyment of that aspect of life beyond what I believed was possible.

In addition, sleep has become a pleasure again. I sleep more restfully and deeply than I have during my entire adult life. With occasional vivid dreams which resemble Out-Of-Body Experiences.

As with anything, there are cautions to be observed. The LED I am using cannot be used over the eyes. A camera can "see" infrared light, but our eyes can not. Using the device over the eyes can cause damage to one's vision. In addition, use over the thyroid is prohibited by the fact that it produces thyroid over activity. Beyond that, the device can be used anywhere on the body. I have tried arrays of small LEDs at the same wavelength, 880 nm, which work well except for use over the brain. My theory is that there is something about the output power and geometry of the light output (120 degree beam angle) that makes this LED particularly amenable to use over the brain. I wish for this article to stimulate further research in this area.

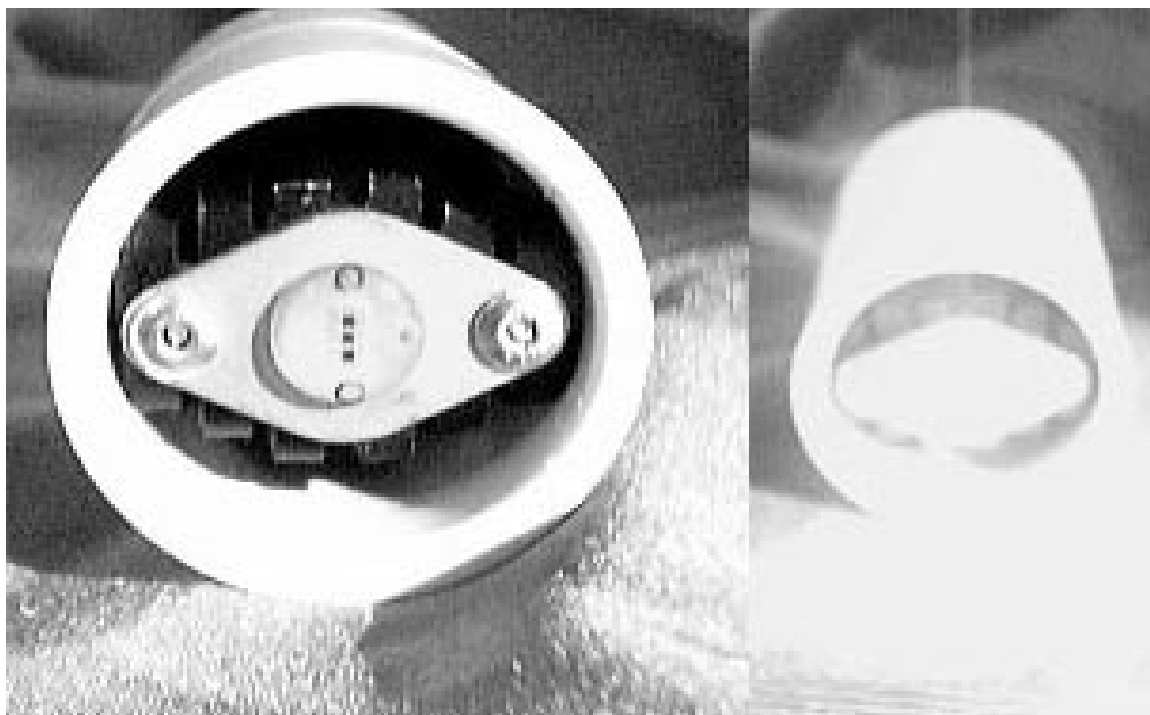
As with devices I have developed in the past, although the infrared light, which I call the Euon ("Eu" meaning "good or normal" and "on" from "photon"), although it has its origins in medical research, I can't, by law, offer it for the treatment or diagnosis of disease. So I don't, because I have a strong desire to see this phenomenon investigated and expanded upon, not quelled and forgotten. I count my copy of the device as my most useful and valuable possession. The device has been used by those with cardiac, neurological and psychological problems, without negative effects. It fulfills my every criteria: simple, cheap, easy, quick, safe, legal, but most of all, effective.

I have a yahoo group where I have posted about my experiments from the beginning, and where others are reporting their experiences: <http://www.groups.yahoo.com/group/magnetikon>.

It seems to be necessary to get an adequate amount of sleep and proper nutrition in order to have the finest effects. A website is in the works, as is a FAQ. On that subject, one of the more common questions concerns how the device compares to an infrared sauna or heater. The answer to that is that FIR (far infra red) devices, like saunas, may help with detoxification, but to have the effects of the Euon, monochromatic (single wavelength) light seems necessary. FIR devices use longer wavelengths of infrared light, which do not resonate with the molecules that 880 nm light does.

I can be contacted at: [xeno\\_tropic@yahoo.com](mailto:xeno_tropic@yahoo.com) or [euonics@yahoo.com](mailto:euonics@yahoo.com). Thank you for your time in reading this, and I hope it encourages you to explore this subject further.

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# **An Interview with Ken Chane President, Tools For Wellness**

## **What is your background, and how did you acquire Tools For Wellness?**

“My father owned a drug store in Philadelphia, and our family lived above the store. So, from a very early age, I was working in the store, and was exposed to medicinals and treatment regimens. I followed in my father’s footsteps and graduated from Temple University with a B.S. in Pharmacy.

After owning a few drug stores, I moved on to the chain drug industry. There, I rose to President of a drug chain. Then, I became Senior Vice President at General Nutrition, where I was responsible for the operation of over 1,000 GNC stores in 50 states and Canada. As a result of that experience, I was recruited by Carnation Co., with world headquarters in Los Angeles, to crystallize their vision for a new business venture. I was the first employee...proceeding to assemble a home office staff, provided the leadership for the strategy, systems, programs, procedures, products, site selection and design, etc. in order to develop a national chain of centers that would offer weight loss programs (complete with training classes and behavioral modification) and a line of food products as well as many vitamin and nutritional supplements. The idea was to transfer Carnation’s pristine image to a field that was then characterized by outlandish claims, poor quality and a poor presence in the marketplace. This was a major national move by a Fortune 500 company. After opening 61 locations from Texas to California...it all came to an abrupt end when Nestle Co. of Switzerland acquired Carnation. Nestle had no desire to be in the retail business.

Armed with extensive corporate experience and further training in finance, marketing, and computer applications, I purchased a mail order business. After several years of operating, we looked long and hard to find a second business. It was then that we found Tools For Exploration. With my science and quasi-medical education, I was very comfortable with being in the healthcare industry. We thought that TOOLS, and the industry that it operated in, had great growth potential. We eventually changed the name to Tools For Wellness to broaden its appeal and to better identify what business we were in.”

## **What changes in the Neurotechnology industry have impressed you?**

“In a rather compressed amount of time, the Neurotechnology business has changed from the perception of being a ‘weird, far-out’ group of products to credible, widely accepted protocols.”

### **What changes have you made with Tools For Wellness since you began?**

“My mission with TOOLS is to bring tested and credible products to market. There is a tremendous void among the general public for self-healing products...products that do not require ‘pill-popping’ and products that offer an alternative to a treatment process that can go on for years and years with little evidence of patient improvement.

We also feel that we have a challenge to make the products that we sell easy to use and inspire confidence in the user. To that end, we carefully scrutinize product submissions and reject 75% of the products presented to us.”

### **You represent many different vendors of products, do you have any advise for people who would like to have TOOLS represent their product?**

“When looking at new products, we consider many criteria:

- Past experience of the manufacturer
- Are the claims rational and verifiable?
- Are there any dangers or legal issues involved?
- Is the product well made?
- How about the packaging?
- Are the instructions good?
- Does the product work?
- Is there a need for the product?
- Is the market saturated with like products?

When evaluating new products, we like to have a sample along with supporting data, instructions for use, availability, and pricing information.”

### **What are the most popular items that TOOLS sells?**

“TOOLS sells over 1,000 products. There are many categories that are particularly good for us. There are some products that vary with trends; magnet therapy comes to mind. We have a worldwide reputation for being the premiere seller of light and sound machines and the accessories that go with them. Usually, the customer will tell us what we should continue selling and what items to drop. We track the sales and comments of every item we sell; buying decisions are based on fact, not emotion.”



**When was the first time you experienced an AVS session? Which machine? What were some of your first impressions/**

“I personally have found AVS sessions to be good for me at certain times. They are not a panacea or a cure-all. But, they do offer a superb alternative to people who are seeking help with a wide variety of problems. Customer feedback from our light and sound customers is excellent. So, it’s not what Ken Chane thinks; the customer is king at Tools For Wellness.”

**What is your idea of the perfect AVS instrument?**

“An excellent machine is one that is well constructed by someone who knows what they are doing. It is reliable and works according to plan. It has good instructions and does what the manufacturer says it will do. It is full-functioned and offers the versatility and expansion so that the user will continue to use it and not quickly outgrow the machine.”

**If there was one thing the AVS industry needs, what would it be?**

“AVS machines need to incorporate a built-in CD player. The machines should not be ‘industrial black.’ However, the products should avoid being perceived as ‘novelties’ or ‘fun devices.’ The makers of light and sound machines need to be careful to maintain credibility with respect to claims and suggested uses. What comes to mind is the state of the supplement industry...after years of wild claims and ‘medicine wagon’ marketing, there is now growing apprehension among consumers and regulatory agencies.”

**With this industry expanding in several different directions, what do you foresee in the future for AVS? Do you believe an association for qualified AVS dealers could ever happen?**

“I do not think there is a need for an association of AVS dealers. I do feel that manufacturers should offer more support to dealers who stock merchandise, who offer customer assistance, have customer service after the sale, and who expend large amounts of time and money to create an outstanding website and printed catalog. TOOLS is the only such company of its kind with 16 years of solid experience and expertise. Its worldwide reputation is pretty darned good. We feel that we have done a rather good job in explaining and ‘spreading the word’ about AVS. We would encourage manufacturers to join with us to bring more users into this technology.”

**What is the hardest part of selling AVS machines?**

“Finding people who can benefit from AVS, but have never heard of it or have gross misconceptions.”

## Technical Update: MindExplorer AudioStrobe Decoder ...

“It's not just a Decoder.”



The mind machine known as the MindExplorer AudioStrobe Decoder has been newly enhanced with improved AudioStrobe decoding circuitry, a more ergonomic volume wheel and tighter input jacks. Ho Hum you say.....Ho Hum Hell. I'm here to tell you the best PC based L\S system is perhaps the most understated and mis-understood AVS system in the world today. To help clarify things, the "Decoder" will also sport a new name, more worthy of it's comprehensive feature set and unsurpassed system flexibility.

Henceforth this device will be called the MindExplorer Light & Sound Synergizer, or L\S Synergizer for short.

What can you do with a Light and Sound Synergizer by MindExplorer. Well, for one thing. Do you have a notebook PC running Win XP? If so, the L\S Synergizer would make a perfect neuro-computronic peripheral device.

Just load the MindExplorer software, which takes to Window XP like a duck to water, plug the Synergizer hardware control interface box into your notebook's headphone jack, with phones and glasses patched to the control box and bingo.....Your set to play, create and edit masterful AVS sessions in the most convenient way possible for the modern, traveling neuro-naught.

The flexibility of the L\S Synergizer is also seen by the fact that you can copy AudioStrobe CDs to your notebook's hard drive and convert the musical code to WMA or MP3 files, and no longer need any CD player to experience the fractal beauty of AudioStrobe sonic fusion.

Simply play the files from within a program like Windows Media Player, with control box connected to notebook PC via the included stereo cable, and the light/flash strobe to music will set your mind and brain controls to perfect states of neuro-harmonic integration.

With the enhanced AudioStrobe circuitry the light/sound synchronization is at the cutting edge of all that is possible with the currant state of the art in a personal AVS relaxation system. Even cooler is the fact that it is possible to copy A-Strobe selections to a flash memory disk, such as a secure digital card and experience A-Strobe on a pocket PC such as an iPAG 4350. It's truly amazing what the L\S Synergizer can do.

**“For all of you who have children that enjoy coloring books, we have a free 49 page coloring book in pdf downloadable format. No personal information is needed to download. Just visit [www.mindmachines.com](http://www.mindmachines.com) and click on “Free Download” located on the entry page to our website. It is something we wanted to make available for kids. For those interested, we hope you find it enjoyable.” -Michael Landgraf**

# **Light, Sound & Fun**

## **The Original Light & Sound Coloring Book**



**Grab Your Crayons and Enjoy Light & Sound!**

**The Fossil Phil Way**



Don't want to mess around with AudioStrobe. Just open up the full version of MindExplorer software included with the system, and experience 34 different pre-set sessions ranging from lucid, clear and vitalizing Alpha sessions, to learning, visualization and meditation and sleep sessions. If you want one of the coolest mind tech tool available, you simply gotta try the new MindExploer L\S Synergizer.

On an accessory note. Cerebrex now offers new color choices for MindExplorer, Premium, Super-Brite, Bi-Color Lite Frames. In addition to Blue/White, Blue/Green and Blue/Red color arrays, we now have available White/Green and Orange/Blue to further excite and confound your neuro-matrix.

Namaste,

Edward Courtney  
President: Cerebrex  
[www.cerebrex.com](http://www.cerebrex.com)  
Machine Enhanced Psycho-Physical Technology

## **Encounters with the Fantastic:**

### **The AV3X meets the Diviner's Sage**

#### **Zoe Seven**

Michael Landgraf, publisher of the AVS Journal, a magazine dedicated to mind machine enthusiasts, initially contacted me via email about possibly writing an article about what I do for his magazine. Which I did, and my article, "Cyber-Shamanism: the fusion of modern technology with ancient, plant-based shamanism," appeared on the fall 2002 issue. This time he emailed to ask if I would be interested in trying out a new product: a new "digital meditation" DVD: the AV3X, which had been recently released. I immediately perked up while reading the email and wrote back to him saying definitively, as it sounded like something right up my alley: an ancient practice innovated by way of modern technology. Coincidentally, within that same time frame I was also contacted by Christopher Oliver, an internationally renowned expert in the field of brainwave entrainment technology and musical composer and actual inventor of the AV3X for the same reason. I also said yes to him and, as a result, I got 2 free DVD's... heh.

A few days later I got in the mail this new technology which I was very much looking forward to trying out. At the time I had not thought of doing anything but taking the AV3X for a ride as far as my infamous alchemical combination experiments are concerned. It did not cross my mind at all to combine a DVD together with a psychoactive plant. But this would change...

So there I was, in my living room dimming the lights and getting ready for the AV3X “digital meditation” experience. I flicked the TV on, took the DVD out of its case, popped it into my DVD player, dawned by headphones and sat back on my couch. After choosing four out of its six audio/visual tracks and began playing them, the first thing I noticed was that layered right on top of the visual images was a strobe-like effect, which I immediately figured was to help facilitate brain entrainment, as I had already been told that the music was embedded with binaural frequencies in the alpha and theta brainwave range to produce a soothing, meditative experience. The combination of strobe and binaural frequencies was indeed a powerful combination. I also enjoyed the actual music of the soundtrack as it has qualities I look for when searching for musical pieces to enhance any of my mental practices such as mediation, relaxation and lucid dreaming/OBE induction; even entheogenic/ psychonautical exploration. This music is dreamy and spacey as well as expansive. It is also abstract yet melodic and apparently composed to bring about certain moods. The visuals are simply stunning and consist of digital mind-bending, fractal-like visuals, which morph into the music with rich colors melting into each other. At times the imagery on this DVD makes one feel as though on an inner-journey voyaging through a swirling cosmic tunnel. I immediately saw this new technology as the *next step* in light and sound brain wave stimulation, and after trying out the AV3X I was so excited that I immediately sat down to write a review article for it, which I published on my website. From the article:

“...Christopher Oliver's innovative creation goes one step *beyond* as it uses the power of digital imaging special effects to skillfully replicate the swirling, morphing, colorful visions and abstract landscapes that may be seen under the influence of shamanic vision-inducing plants. In that sense these images, although high-tech in aspect and design, are very 'organic' and 'fluid' in nature. This is something that has not been able to be replicated by any of the light and sound brainwave synchronizers available anywhere. In that respect this DVD is the next best thing to a shamanic visionary experience.”

As I was writing said article I suddenly had the impetus to experience this digital meditation technology together with a psychoactive plant. As the visuals reminded me of some of the visions I usually see under the influence of psychoactive compounds. I also got the distinct feeling as though something inside of me wanted to “interact” with the AV3X. Perhaps it was simply my curiosity. Perhaps it was something other than that. Coincidentally at that same time I had attended the Mind States 4 conference as a guest panelist (you may read a review article of said event on my website) and had gotten a good supply of the psychoactive “diviner’s sage” *Salvia divinorum* (for more on *S. divinorum* see my new book *Back From The Void* or check out my website) both in the sub lingual “Emerald Essence” formula version as well as the enhanced leaf used for smoking. I knew right from the get go that smoking the enhanced leaf would not be that advantageous in this particular combo because of the immediate onset of the *Salvia* effects via this route of intake. On the other hand, the sub lingual version, because of the time it takes to be absorbed into the blood stream (about fifteen to twenty minutes versus the thirty seconds or so via smoking), as well as the duration of its effects (a little over an hour as opposed to three to five minutes via smoking) seemed to be my best bet. So I opted for the sub lingual version. After measuring out the correct amount of liquid (I used roughly about 3.5 milliliters), I put it inside my mouth and let the tincture rest under my tongue for roughly about 15 minutes until the effects began. While waiting I sit back to enjoy the AV3X’s tracks. Right around the

twelve-minute mark or so I begin to sense a change in my mental state. I was obviously very relaxed and mindful because of the DVD's brain entrainment features but the plant was also beginning to take a hold of my consciousness and I could feel it "wrapping" around me, around my brain and around my mind. But then this feeling, this modified state my consciousness was engaging, began to seemingly "interact" with the digital images playing on the television screen. Then in a couple of minutes more, I could not believe my eyes as the graphics began to look "real"-three-dimensional and "alive" and began coming out of the screen and commenced to wrap around me! I was being enveloped by them and a portion of my living room-the one where the my TV was in-suddenly appeared almost like a fish tank in the sense that it had "things" floating around *in* it. The empty space was no longer "empty" but rather it had digital images suspended in mid air. This was easily one of the most outstanding experiences I'd encountered by combining plants and digital cyber technology.

The next time I tried this new combination I decided to double the dose to see what the effects would be like. Was in for a surprise... Nearly twenty minutes after intake the television screen had dissolved and the fractal images were once again coming out of the screen. But this time the stronger psychoactive effects allowed me to "enter" through a tunnel that was seemingly coming out from the television screen from where the images also emanating from. The tunnel seemed like a swirling eddy. In a way, because of the spirals that made it up, the tunnel-like structure reminded me of what the "time tunnel" (from the popular sixties television series) looked like. I entered into it and once inside and as I made my way through it I could discern tiny pieces of something very similar to glitter floating around me. If it weren't for the fact that they were shinny and silvery they could have perhaps passed for the underwater bubbles that can be seen in pictures of scuba divers.

At any rate, as I was engaged in this, I noted a slight but strange "buzzing" sound in the background. Upon further inspection I noted that said sound appeared to be originating from inside of me; perhaps it had something to do with my mind's processing of the experience provided by this new combo, I reasoned. The pulsing effect of the binaural frequencies embedded in the music also began to feel very pronounced: boom-boom-woosh-woosh. These frequencies were dictating the new and modified sense of awareness I was in. The feelings associated with this state of mind were very different than either the technology or the plant on their own. And the strobe-like flashes from the DVD definitively seemed to enhance the overall experience. As all this was taking place my sense of awareness was rapidly becoming one with what I was seeing.

The living room was no longer in existence. It had been replaced by another reality that resembled an underwater one. I was no longer looking at morphing digital fractals but rather at some unique type of life forms. They seemed organic but upon closer inspection they had tiny circuits all around them. The words: "organic," "circuitry," and "technology" popped into my head. These life forms seemed intelligent. And unlike the ayahuasca snakes (for more on the shamanic brew ayahuasca please see *Back From The Void*) which don't interact with those under the brew's influence, these creatures were actually seeking to interact with me as they gathered all around. The life forms reminded me of cells of the human body I'd come across on some biology books but they were not "flat" nor round but rather but three-dimensional and wave-like. The reason why I say they were life forms is mainly because of two things: 1) they



all had a skin-like membrane which resembled the shinny coats that seals have which had these whitish pock marks, and, 2) although they lacked eyes (which apparently they did not need to either communicate or have their experiences with) I could still relate to them as they were apparently sending forth some type of force field that my consciousness could readily sense, tune in to, and decode as it established a communication link between us. I have since nicknamed these creatures: “organitechs” (as in “organic technologies”). The communication between us was in non-verbal form and similar to the ROTES mentioned by Robert Monroe in his books and which I’ve already described. And although there were no visual pictures in them, I could discern there was a lot of information.

By this time I had been recently speaking out loud during my plant experiences as the consciousness of the plant was apparently, because of my past experiments, fusing with mine creating a sort of hybrid consciousness of the two and using my nervous system and vocal chords in a phenomenon similar to channeling. Therefore I could “speak” the ROTES of information they sent into my consciousness. This is what I have dubbed, “plantspeak.”

These particular plantspeak experiences seemed to very much back up the claims, to me at least, made by Cleve Backster, which I shared in the previous chapter and which allege that everything in Nature including plants have at least some type of sentience and consciousness. Here the psychoactive molecules of the plant were interfaced with my kappa opioid neuro receptors, while my visual cortex, hippocampus, cerebellum, and vestibular system among other brain structures were being stimulated by the flashing lights and the binaural frequencies of the AV3X via my television set. This resulted in a definitely unusual and vastly different modified state of awareness I had experienced before. Being inside the organitechs realm, my mind began decoding the ROTES these creatures were sending my way. And I began “plantspeaking:”

*“Nature and Technology are at an important crossroads. Nature, in its infinite intelligence is seeking to merge with technology and co-evolve. Perhaps even dynamically intermix with technology and continue on a new evolutionary path. Technology appears to be disconnected from Nature however. As through technology humans and other species attempt to control, dominate, and even circumvent Nature.*

*A portion of Infinite Intelligence is embedded in everything that exists in this physical universe, including human beings. And the mechanical, synthetic and even digital technology that humans are familiar with and have co-developed with the aid of other species of consciousness, some incarnate and others not-comes through Nature, which in turn contains all the possible DNA scripts which allows for biological creation, and incarnation/manifestation in flesh.*

*We “organitechs” are a probable species of consciousness that has resulted from the fusion of technology and the organic. We are not at odds with one another but rather have integrated both of our unique aspects of being into a more diversified and creative whole. The reason for this is that we have minimal duality from our perspective than humans do. But the challenge now, at the current crossroads, is for humans to recognize their disconnection from*

*Nature and seek to integrate and merge with it as opposed to trying to subdue it.*

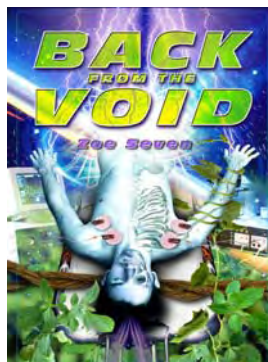
*This particular interaction is happening in this matter to serve as an archetype or blueprint, for the specialized form of your creature's (human) consciousness species to merge with Nature and with technology-the cosmic triad-and continue onward on its evolutionary path, which by its very nature, is varied and has no boundaries.*

*In truth consciousness is all that exists and infinitively creative and indestructible.*

As I was saying this I suddenly felt an electric-like shock come over me and after an instant or two I began to discern in my mind's eye a group of scientists that were working on an experiment in a laboratory. I also had some thoughts that concurred with what I was seeing. The scientists were using computer equipment and various high tech and medical instruments. My awareness or consciousness immediately sized the environment traveling through every micro centimeter of it and through everything and everyone, realizing that "it" was part of a "bigger" consciousness: of the consciousness that creates the minds of the scientists as well as their mathematical formulations and equations; the consciousness that creates the laboratory they work in, the instruments themselves, the consciousness that creates the air and oxygen the scientists breathe as well as the sky, the stars, the galaxies and everything in existence in the scientists reality. Yet at the same time consciousness was outside observing itself through me...

Based on this particular experience I understood that consciousness is truly all that exists; formless in its original state but embedded with the potential to become *anything* imaginable including nothing! (As in nothingness.) At one point during this experience I felt as though I somehow "dropped" from the state I had been in. It was rather abrupt, and upon further investigation I realized that the track on the DVD had finished. I still had some lingering effects of the *Salvia* but they were mild. Nonetheless the experience had seemed real, very real, and the technology I was using together with the plant seemed to be something that's *beyond* virtual reality. I was awed by what I had just seen and experienced and further understood that Nature was indeed attempting to communicate with those capable of understanding it; this Intelligence was communicating its intentions: *integration* as opposed to separation.

**Excerpted from chapter 3: "PlantSpeak," of the book *Back From The Void* by Zoe Seven. Please visit: [Zoe7.com](http://Zoe7.com)**



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The AVS Journal is pleased to announce that Nick Morris has opened a new mental fitness center in the Los Angeles area. Unique to the Mind Muscle Clinic is the utilization of the Sensora, one of the finest delivery systems for light, sound and tactile stimulation. So if you live in the greater Los Angeles area, do yourself a favor and check out:

## **Mind Muscle Clinic**

The Ultimate in Mind and Muscle training and therapy. You will achieve a new level of performance - located in the beautiful Pacific Palisades, near the corner of PCH & Sunset.

### The Services include:

**MIND** - A sensational and unique experience. You choose to either: meditate; relax or energize. A multi-sensory room utilizing brain entrainment and color therapy, designed by Sensortech Inc.

- Ø Visual stimulation is created using colored projection off 5 independent and overlapping zones onto a 10 feet diameter suspended dish. Any color can be created with excellent chromaticity.
- Ø Aural stimulation is created using sound spatialization techniques to give a true surround-sound fantastic experience.
- Ø Kinesthetic stimulus is created using 8 transducers strategically embedded into a luxury leather recliner. Transversal and longitudinal wave patterns are specifically created, allowing relaxing, balancing or stimulating effects.

**MUSCLE** - Proven by World and Olympic champions. Choose to: target tone; specifically strengthen; relax and revive muscles using the only FDA approved Electro Muscle Stimulation machine.

**POSTURE** - World's most advanced assessment of muscular and skeletal problems.

**COACHING** - Exclusive coaching, with innovative design specific for achieving goals.

- Ø A set menu exist ranging from single sessions of the above services, to luxury multiple packages - Bliss & Harmony.

- Ø Opportunities exist for Practitioners and Therapies to combine their services, under the “Coaching” section of Mind Muscle Clinic services, and also the opportunity to develop bespoke packages involving their specialty alongside Mind Muscle Clinic services.
- Ø Commission of 10% will be paid on all referred clients sessions and packages.
- Ø Standard rates will be paid to each “Coach” for their part in a luxury package
- Ø The Clinic is available for hire, for an individual to use and customize their own package.

A limited number of demonstration sessions are available - please telephone or e-mail to arrange a complimentary booking.

Mind Muscle Clinic is looking to partner with therapists to offer psychotherapeutic sessions. For further information please e-mail or telephone Nick Morris: NM@MindMuscleClinic.com or 310.358.7MMC.

## “EyeRobics”

**by: Jeff Labno**

(jeff@ToolsForWellness.com)

One day, completely out of the blue, I was contacted by an inventor by the name of Jay Dillon. He wanted to send a sample of his innovation, called EyeRobics, to Tools For Wellness for me to evaluate.

I was instantly intrigued and fascinated by Jay’s description of this new and unique contraption, which he billed as a **“solution for eye strain and fatigue”** while working on computers. I was also impressed by Jay’s humble demeanor, and the fact that he was excited about what he was doing.

In a few days, EyeRobics arrived! I couldn’t wait to set it up. It utilized rows of different color LEDs (light emitting diodes), such as red, yellow, green...mounted on a panel about 18” x 2” x 2”. You place this panel on top of your computer, turn it on, and the lights illuminate in different sequences across the panel, starting on one side and ending at the other side.

It didn't take long for me to notice the benefits. The movement of the lights relaxed my eyes because it broke up that "eternal stare" looking at the computer monitor. Also, as the different colors of light entered your eyes, you felt energized somehow, by the different colors of light.

It took only five minutes using EyeRobics to realize that Jay was on to something...

### **Now, let me introduce Jay**

"I would like to introduce myself. I'm Jay Dillon, a lighting designer, and manufacturer of low voltage lighting that uses color for relaxation, and enhanced healing. My focus is working with health professionals, who are interested in providing color, and light to their clientele.

Besides designing custom lighting products, I teach/share with others how to incorporate color into one's healing protocols. I help health professionals determine which colors are most appropriate with their clients while they are receiving a massage, or acupuncture.

For example, I installed colored lighting products above the treatment beds for Robyn Benson, DOM, right here in Santa Fe. See her remarks in my response section from my website, [www.eyeoasis.com](http://www.eyeoasis.com).

I was originally trained by Dietrich Gumbel, from Alsace Lorraine, in color therapy. His method is straightforward, and very effective. In his words, "healing occurs from becoming whole; in body, mind, and, spirit. Wholeness does not come from the outside in the form of medicine, treatments, education or initiations; but rather through our attitude toward our personal sensory experiences, our awareness, and our everyday experiences."

I took vibrational healing classes from 1985 to 1987 at the New Mexico Academy of Healing Arts in Santa Fe. We learned, among other things, that sound and light frequencies are inter-related and only separated by 40 octaves (divide light frequencies 40 times and you end up with sound frequencies).

I began in earnest reading a lot of the literature on color therapy, such as, "The Principles of light and Color" by Edwin Babbitt, and "Let There Be Light" by Darius Dinshah. I quickly found out that there is still much research to do, such as:

- Clinical research to ascertain the different physical properties of light sources including incandescent, florescent, halides, xenon, LED (light Emitting diodes...
- How light impacts emotional health.
- How health is contingent upon light and color.

In 1987, I showed my latest discovery to my friends while up in Maine, a "voiced activated" light I call the Biolight. It had programs that would pulse light at Theta - Beta frequencies. While visiting my friends, I had my Biolight outside, where I noticed lots and lots of fireflies swarmed around the pulsing lights. I was so excited, thinking maybe, there was a language being spoken between the fireflies and the pulsing lights that I was not privy to. Maybe there are

languages, vibrational perhaps, that are a type of knowledge yet undiscovered that could reveal secrets about our world. Since then, I have become ever convinced that what we see, and understand via our senses, is only a fraction of who we are and our interconnected informational fields.

Many people like Valerie Hunt, have done research into this area, and I feel it dove tails, or compliments how and why light and color actually work.

Last November, I spoke at a National Alternative Health Fair in Oslo, Norway, on the role color can play in creating emotional balance within oneself.

Here's my background. I graduated From the University of New Mexico in 1973, after attending Ithaca College for two years, a college in Paris for one year, and also Seville, Spain for yet another year. My Major was history with minors in Art History and Philosophy.

My first real job was working for the Museum of New Mexico in Santa Fe, as an Assistant Crew Chief for an archeological excavation of the oldest public building in the US, the Palace of the Governors in downtown Santa Fe. I was primary in charge of analysis of the ceramics. I looked at probably close to 30,000 ceramic samples. I noticed very subtle stylistic changes in ceramic samples when different cultures intermixed; namely the Spanish with the Native Americans here in New Mexico.

The Native Americans would produce objects unknown to them for example, candle holders, and different bowl shapes. I was really interested in looking at patterns on samples, and trying to imagine what the artists were thinking of.

Many years later I move to Denver to work for a large catering company. We worked with decorators to provide our clients with truly breath taking party environments, great music, fabulous table settings, and of course, beautiful lighting. I knew then that lighting was a major component in the success of these events.

I would go home after long hours of catering, and stop by a bar for a nightcap. I couldn't help but notice how people would sit so far apart from each other without looking at one another. When I lived in Spain, most people acknowledged each other with a "non invasive", but friendly look. Here I was in a large city, thinking how or what could be done to open up this closed space inside a bar to being more friendly, and homey.

I came up with the idea of creating a light and color language that people could learn easily in order to convey their interests, and simple emotions. I was interested in the social patterns behind how people observe their spatial comfort zones, versus, how they use verbal communication in order to close those zones or areas. This was in 1981.

***Could light and color be used to assist verbal communication, and help mitigate the uneasiness of first time encounters between people?***

I moved back to Santa Fe in the same year, and started making prototypes for my light lan-



guage. They were bulky, due to the size of batteries at that time. I got my first exposure to cast plastics, and turned my attention to making light sculptures, out of multicolored forms housing low voltage lights.

I had a small showing and sold a few pieces, but after two years of not making enough income from this venture, I turned to making light fixtures in more traditional manner, table and wall sconces using copper and metal.

In 1987 I drove from Santa Fe to New York City to show my first line of lighting products. Among them was a voice activated light sculpture that would change lighting patterns according to the pitch of a person's voice.

I had taken classes in vibrational healing in Santa Fe from some wonderful people, such as Jon Monroe and Jim Oliver who composed music that resonated with a person's physical and emotional well-being. This was determined based upon a form of kinesiology.

I was so excited about this whole new field, correlating biological responses with one's environmental information.

***Could stress in a person be changed, simply by changing the lighting for example?***

This, any many other questions have been spring boards for my interests of looking for the underlying patterns behind behavior and one's health.

In 1993 I attended a conference in Scottsdale sponsored by optometrists who specialize in shining colored light into the patients' eyes, for multiple benefits (Syntonics). That was an "eye opening" experience. Most of the studies on colored light, have been published in small specialty journals and some have been self-funded and often poorly written. Again, I said to myself..."more research needs to be done!"

Here are some types of studies I'd like to see happen:

### **Level I**

- **Assessment and Protocol development.** The protocols in use for ocular therapy include:
  1. Based on expansion of colored visual fields (perceptual fields). Balancing/ complementary colors or harmonizing colors (Syntonics; NeuroSensory Development; and Liberman).
  2. Based on distorted responses to colors. Unbalanced, distorted or discordant colors. (Vazquez)
  3. Based on a combination of harmonious and discordant colors. Harmonizing first and with expansion of color fields. (O'Malley; McManemin, Nixon)

### **Level II**

- **Test protocols and adjust them.** We are about here for the most part although Syntonics has published some level III studies.

### **Level III**

- **Predict treatment outcomes.** These are based on what has been learned in Level I and II. Make predictions prior to treatment.

### **Level IV**

- **Predict treatment outcomes and add control groups or use patients as their own controls.** Level III with control groups.

### **Level V**

- **Replication studies by others.**

Level I through Level III can be done in a clinical office, if they are willing to do the paper work and collect the data carefully. Most of Level IV and V work will be done by Ph.D.s in treatment centers and in university settings. Those doing white light studies and some colored light studies have done Level V work and it is the most scientific work that has been done on ocular light. Syntonics has published quite a bit, but most of it has been done by clinicians rather than by researchers. A medical based study at Level IV is underway right now, treating macular degeneration with red light.

In 1999, Frances McManemin, Ph.D. psychology, Jeffrey Anshel, O.D., and myself, published a research paper called the Brain Computer Interface. It deals with the effects of computer monitor light versus LED lighting from a separate source.

I most recently attended a conference in Europe - **Light Medicine 2003**. People attended from all over Europe and North America. There, we established a committee to further investigate the benefits and properties of color and light which is to meet at the University of Arbon from March 30<sup>th</sup> to April 3<sup>rd</sup> 2004. If you are interested, contact Marco Bischof, [mb@marcobischof.com](mailto:mb@marcobischof.com).

I want to thank Frances McManemin, and my family and friends for the support, and for believing in me and my work.

Thank you for reading my story.”

**Jay Dillon; Santa Fe, New Mexico**

Contact info:

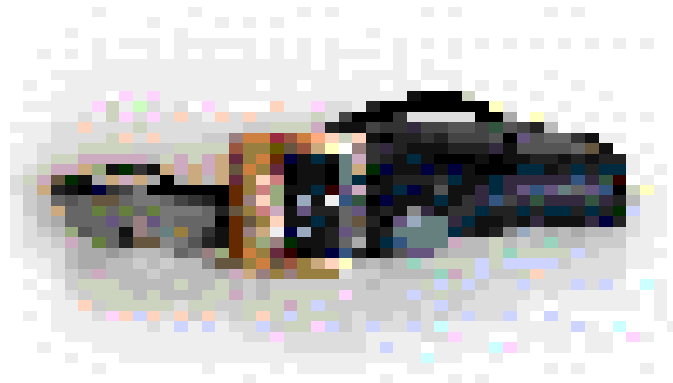
Jay Dillon: (505) 989-8094,  
[dillon@cybermesa.com](mailto:dillon@cybermesa.com)

For more information on EyeRobics, visit my website.  
[www.eyeoasis.com](http://www.eyeoasis.com)

## An Important Message from Anji at MindPlace

We're pleased to announce the **Sirius** light and sound stimulation system. This new system replaces the Orion in our catalog, and has the following features:

- Attractive, metallic-finished console with 23 programs (identical to those included in the Orion). Includes AudioStrobe decoder, ColorPulse and MicroPulse sound modulation decoders.
- PureWhite white-light LightFrames™ (replaces former, “golden light” model).
- Power supply
- Stereo headphones
- Stereo patch cord
- Convenient carry case
- Manual
- MSRP of US\$129



The bright white LightFrames produce crisper, more vivid visual imagery, and add significant perceived value to this system. Also new in this package is the power supply, with a retail value of approx. \$20. Altogether, the **Sirius** is an extraordinary value for the price, and is the ideal “entry-level” light and sound system!

**Sirius** will be available for delivery in early April. Wholesale prices will be the same as those for the Orion.

Visit: [www.avsjournal.com](http://www.avsjournal.com) for further information.

\* \* \* \* \*

Lately it seems I've been getting a higher number of inquiries about simultaneously using AVS and CES. Which AVS units work with this CES or that CES unit, you dealers know what I'm saying. So with this increased interest in combining these modalities, and my benign need to keep things simple, the following is a review of the Paradise XL+ by Mind Alive. It's well-tested and effective, and should help those having AVS / CES questions see what features and parameters this unique instrument by Dave Siever has to offer.

## The DAVID *Paradise XL+*<sup>TM</sup>

... is the world's best Windows<sup>TM</sup> programmable audio-visual entrainment (AVE) /cranio-electro stimulation (CES) device. The AVE section offers a complete variety of unique brainwave stimulation sessions plus selections such as independent brain hemisphere stimulation, binaural beats, digitized heartbeat and music modulation. The CES section may be operated independently or synchronized with the stimulation of the AVE section.

This product combines the *Paradise XL*<sup>TM</sup>, the DAVID most chosen by psychologists, medical doctors and clinicians of all types, with the OASIS<sup>TM</sup>, Mind Alive's popular CES device. Professionals prefer the *Paradise XL+*<sup>TM</sup> because of its easy programmability, wide variety of sessions and vast number of functions.

**AUDIO-VISUAL ENTRAINMENT (AVE):** To ensure safe, gentle and effective audio-visual entrainment, the *Paradise XL+*<sup>TM</sup> offers the following:

- **Tru-Vu Omniscreen<sup>TM</sup> Eyesets** - The unique Tru-Vu Omniscreen<sup>TM</sup> eyesets are specially designed to stimulate the *left and right visual fields* of each eye individually, rather than the entire eye. This approach allows the ability to stimulate each visual cortex with a frequency different from the other visual cortex. The Tru-Vu Omniscreen<sup>TM</sup> eyesets use high efficiency white bulbs mounted over a silver reflector behind a light blue-tinted translucent screen. This disperses the light evenly, protects the bulbs and removes any red light which may be produced by the bulbs.
- ***Isochronic Tones*** - The tones of the DAVID *Paradise XL+*<sup>TM</sup> are evenly spaced. This is important to enhance the effectiveness of audio entrainment.
- ***Pulsed Tones*** - Pure tones of equal pitch are turned on and off at a specified rate.
- **Color Overlays** - Colored filters which can be attached to the Tru-Vu Omniscreen<sup>TM</sup> eyesets for use in color therapy. Included are the colors; yellow, green and violet. Also available for an additional cost are; red, orange, blue and indigo.
- ***Soft Off*<sup>TM</sup>** - The gradual lowering of the light and sound stimulation at the end of the session prevents a startle response (also known as somnatic shock). Soft-Off<sup>TM</sup> ensures that relaxation and other benefits carry over even after a session.

### EACH PARADISE XL+ COMES COMPLETE WITH:

- \* Tru-Vu Omniscreen<sup>TM</sup> Eyesets
- Quality Stereo Headphones
- Stereo Patch Cord



- Three Color Overlays - violet, green and yellow
- DAVID Carry Bag (with travel model only)
- Session Editor CD
- Computer Port Cord (Com Cord)

A/C Adapter 9-Volt Alkaline Battery (for CES) Electrode Cable Package of 30 Electrodes Comprehensive Operator's Manual DAVID User's Guide.

## **FIVE WAYS TO OPERATE YOUR DAVID *Paradise XL+*<sup>TM</sup>:**

**35 Preset Sessions** (including *Emotional Learning, Cognitive Development, Pain Reduction, Schumann Resonance, Beta Perker, Alpha Relaxer* and many more.)

**Manual Operation** - Allows you to tailor your session as you like and in real time.

**Music Modulation** - The rate of the lights and tones change according to the bass and treble notes of your music selection.

**XL Editor Using Windows<sup>TM</sup> (3.1, '95, '98, XP and 2000)** - Create up to 30 personalized sessions with a wide variety of settings and selections. This software allows you to create unlimited amounts of new sessions.

**Special Application Packages** - Specially designed sessions for the DAVID Paradise models for specific applications and uses.

## **FEATURES:**

**SELECTION OF STIMULATION PATTERNS:** Select **focus, expand or hemistep** pattern of stimulation (whichever is most comfortable for you or depending on the application or use).

**TWO-DIGIT DISPLAY** - To show session number, rate, volume, intensity and pitch selections.

### **TONE SELECTION**

- **Surf** (constant on to block out background noise)
- **Pulse Pure Tone** (with variable pitch)
- **Binaural Beats** (with variable pitch)
- **Heartbeat**

**EASY-TO-USE KEYPAD:** Easy to make selections and adjustments while eyes are closed during a session.

### INDEPENDENT RIGHT EYE/LEFT EAR RATE

- Adjust the rate of the right eye and left ear independent of the rate of the left eye and right ear to experience two different brainwave states simultaneously. This is most effective when used for lucid dreaming, independent hemispheric stimulation and differential experiences.

## PREFERENCES SELECTION

- Set your own intensity, volume, tones, pitch of tones, and heartbeat on or off so that they are automatically set every time you turn the *Paradise XL+<sup>TM</sup>* on.

## SESSION EXTEND KEY

- Extend any session by 10 minutes at any point during the session.

## FOCUS/EXPAND SELECTION

- Calmer people prefer focus
- People with difficulty turning off the "chatter" prefer to use expand

## TWO-USER CAPACITY

- For an additional cost, an extra Omniscreen™ eyeset, headphones and splitter cords are available allowing two people to use the *Paradise XL+™* at the same time.



**THE *Paradise XL*<sup>TM</sup> SESSION EDITOR FOR WINDOWS<sup>TM</sup>**

... comes with 20 sessions to use as templates. These sessions are the same ones that are in "The AVE Session & Protocol Guide For Professionals". Add up to 30 personalized sessions (or 240 modules). Gives you the ability to create unlimited amounts of new sessions. Make dual frequency sessions for differential hemispheric stimulation. Comes on a CD. Can be programmed in 0.1 Hz increments in the frequency range from 0.5 to 25.5 Hz. Comes with a COM port cable. Simply draw in the graphs. Allows you to program and select all of the *Paradise XL+<sup>TM</sup>* functions. Compatible with all Windows<sup>TM</sup> formats. Share new sessions with others on the internet!

# **“Light Syntonic Therapy”**

## **An Overview by Jeff Labno**

Syntonic therapy will never disclose what color is used for what. The reason is that they philosophize that one's experiences in life has color signatures written all over them. What this means, is that, from the beginning of time (of course that in a child's life), there have been a sequence of good experiences, and bad experiences. Each of these experiences has color associations attached to them. One example that I often give is that if you were abused as a child, and your room was painted green, green then would not have a healing quality associated with it that is often described in literature. Green for that person, would evoke pain, suffering and anxiety.

Syntonic researchers, therefore know, that it is not possible to ascribe any particular meaning to any color of any kind. They are as much in the dark as is the patient.

What Syntonic researchers therefore try to do is put in front of patients as many colors as possible during any given session. They feel that exposure to the colors that evoke a negative response are the most important ones for that individual to spend more time viewing. The reason for this is that if say indigo makes you feel uncomfortable, it simply does not matter why, just viewing it for a period of time, and perhaps several times a week on an ongoing basis, will unfreeze emotions and blocks, and will catalyze healing, often in ways that can not be predicted.

Here's an example from a true life experience...

I was in a "night club" in Silverlake about 20 years ago (please don't tell my cat!), The lighting, as you might expect, was extremely dim. One of the lights way up on the wall on one side of a room, looked like a black light, but was much more indigo in a strange way. Looking at that light absolutely drove me crazy. I could not stand to look at it at all, and in fact I had to position myself so that the light from that bulb would not enter my enter. It made me extremely uncomfortable. This is the perfect example where Syntonics would have me purposefully gaze at that same nanometer of light to help me "unfreeze" what ever I was uptight about. I have no idea why that light caused such distress. Syntonics doesn't care why specific colors cause distress, they want to help you to let go of "locked-in" and pent up problems by using colors.

This very concept is actually what makes the ALLcolor system perfect for folks interested in applying Syntonics at home.

One day taking the train home, I plugged in the ALLcolor System. I figured this 25 minute train ride was the perfect time to practice Syntonics because, I had nothing else to do. I put the light intensity at a tolerable level so that I could keep my eyes open. I figured that I would progress through as many colors as possible in this short period of time, just to see what the effect

was.

I first started with the red slide. The other colors were completely off. I slowly increased the intensity of red by pushing the slide bit by bit all the way up to 100%, then slowly down to zero. I then proceeded with green, and did exactly the same thing. Likewise with blue.

Then, I did not one color slide, but two at a time. I used the red and green at the same time, pushing them slowly up to 100% and then back down. Then I did the same for green and blue, and likewise for red and blue. After words, I just did an ad hoc mix of just about anything you could imagine...all with my eyes open.

By the time my train arrived at Glendale train station, I was done. It actually only took 20 minutes. When I got off the train and got on my bike to ride the remaining 2 miles home, I noticed that my vision had somehow changed. I saw different colors as if for the first time. I noticed the reds and greens, and yellows in stop lights as a much more vivid color than ever before. It was almost as if I was truly color blind before, and now I was seeing colors for the very first time.

I'm not at all sure what all of this means, but that experience sure made me feel very happy and alive. The ALLcolor System just might be the perfect home Syntonics system...easy, affordable, and you can do it any time, any place, in just 20 minutes.

## **The Baby Sleepytime CD**

This CD is yet another testament to the brilliance of Christopher Oliver, its creator. Many people don't know who Christopher Oliver is, because he is one of those people who works extremely hard "behind the scenes" in the AVS world, but does require, or elicit praise; - "look at how great I am, because I did this." He is a humble guy.

Chris Oliver has worked in light and sound for many, many years, making some of the best programs that you will ever experience in the realm of AVS. If you have a Photosonix AVS system, then you have used programs designed by Chris. Chris has also worked on other innovations, including the 515, a system connected to stereo systems that deliver brain frequencies to put people in ultra relaxed states of consciousness.

There are many people at the Los Angeles Police Department who thank Chris, because using the 515 in their office has lowered the levels of stress in a domain where "chaos" reigns. Using this technology has brought more peace and enjoyment to these officers, who work in a field that too often precipitates levels of stress that are exceptionally high.

**Thank you Chris for all of your fine work in the realm of AVS!**



To get on with his CD...the Baby Sleepytime CD is designed to help children get to sleep at night. I do not need to tell you how important this is, not just for the health of children, but also for the parents of kids, who need to get up in the morning refreshed so they can function well at work, or function well in the home in order to provide for the needs of their family.

Too often, parents find themselves sleep-deprived, because they are not able to sleep properly because they are taking care of a restless child who does not always sleep well at night.

So, what is this CD anyways? All you hear is a digital heartbeat sound. You play this heartbeat CD in the room where your child is sleeping, not too loud, but extremely softly. You want it to be barely audible.

How does the heartbeat help children sleep? The heartbeat on this CD mimics that of a heart-beat that occurs when someone is experiencing deep sleep. When one hears this heartbeat, your body responds by slowing down, and your brainwaves begin to take on the same pattern of someone who is in a deep state of sleep. It is that simple!

Children are especially influenced by this sound, because are not far removed, in memory from being inside their mother's womb. When a child is inside the womb, the mother's heartbeat is the predominant sound which the child hears.

Children under five years of age, often remember the experience of being inside the womb. If you don't believe me, start asking children for yourself. I have. This means that they are still very "keyed into" that experience. Hearing a heartbeat of someone that emulates what the beat frequency is in a state of deep sleep, therefore has quite an effect on a child.

This CD is a must for anyone with a family. Why not sleep well and thus, be well and prosper.

Even if you do not have kids, this CD will be a great option to tossing and turning all night long. Pleasant dreams!

Jeff Labno  
jeff@ToolsForWellness.com

## **For Upcoming Workshops and Seminars, Please Contact:**

**Vicki Gaves**: info@thoughttechnology.com.

**Dave Siever**: info@comptronic.com or 800/ 661-6463.

**Stephen Stern / Stens Corp.**: sales@stens-biofeedback.com or 800/ 257-8367.

**Dr. Rayma Ditson-Sommer**: OPNET2@aol.com or 602/ 912-0609.

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